

Free Workshop for Seniors



Living Well with Chronic Conditions

Friendly Neighborhood Senior Center

1992 South 200 East

Thursdays

January 22 thru February 26, 2009

9:30 am to 12:00 pm

Is Living Well
right
for you?

Calvin Smith Library

810 East 3300 South

Wednesdays

February 4 thru March 11, 2009

6:00 pm to 8:30 pm

This six week workshop is for you if you feel like you need a little help managing aches, pains, arthritis, high blood pressure, asthma, high blood pressure, or other types of long lasting health conditions. You are invited to bring a husband/wife, friend too!

We will talk about ways you can:

- Exercise - for fun and fitness
- Let go & relax
- Solve problems
- Manage symptoms
- Talk to your doctor
- Take action and make plans!

**FREE Resource
Book**



To Register Call:
(801)
468-2772

Funding provided by:
Salt Lake County Substance Abuse
Division

...options and opportunities for your generation